

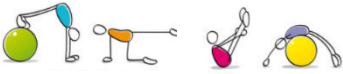






Mental Health and Wellbeing Week

1st – 5th February 2021

Click on the links below to access the activity		
Monday 1 st February		Guided mediation
Tuesday 2 nd February		KS1 Yoga KS2 Yoga
Wednesday 3 rd February		Pilates This is me
Thursday 4 th February	GoNoodle 	Go Noodle Breathing
Friday 5 th February	GoNoodle 	Go Noodle Celebrate

